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HOW MUCH EXERCISE IS ENOUGH?

What you need to know about the new activity guidelines

In addition to regular activity that gets your heart pumping, the minimum exercise recommendations for healthy adults (age 18 to 64) now include strength training for all major muscle groups.

To help you meet your goals:

- **Aim for aerobic sessions** of at least 10 minutes at a time.
- **You can choose between** moderate or intense cardiovascular activity

or do a combination of both. Walk 30 minutes on two days of the week and then jog at a faster pace for two days.

- **To lose weight** or maintain weight loss, 60 to 90 minutes per day of moderate activity may be necessary.

Sources: U.S. Department of Health and Human Services; American College of Sports Medicine; American Heart Association

Moderate to Brisk Activity

2½ hours a week **OR**

You're working hard enough to break a sweat but can still carry on a conversation.

Intense Aerobic Activity

1¼ hours a week **PLUS**

Jogging, running, swimming

Strength Training

Two days a week

Do 8 to 10 different exercises, 8 to 10 repetitions of each.



Summer car safety

Always lock your car, even when you're at home.

Children can climb into the back of an unlocked car to play and become trapped, a situation that could be dangerous or even deadly in hot weather.

At 83°F outside, the inside of a car can reach 109°F in just 15 minutes — and that's with the windows rolled down two inches. Even when it's a mild 60°F outside, the car's cab can rise well above 110°F in only a short time.

Source: National Highway Traffic Safety Administration

Raising cavity-free kids

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eating well

When you pack a picnic

Take just enough food so that you won't need to worry about leftovers. Bacteria can start to grow on food that is not refrigerated within two hours.

Other food safety tips: Keep the cooler in the shade, not the back of the car, and keep it closed as much as possible. Pack an alcohol-based hand sanitizer or moist towelettes to clean your hands before and after handling food.

***Bruschetta** with white bean puree and raw mushrooms*

2 Tbsp. olive oil
2 garlic cloves, 1 of them finely diced, 1 cut in half
1 tsp. finely chopped rosemary leaves
One 15-oz. can cannelloni beans, rinsed and drained
 $\frac{2}{3}$ cup vegetable stock
Freshly ground black pepper
2 oz. button mushrooms, cleaned and sliced (about $\frac{1}{2}$ cup)
Juice of $\frac{1}{2}$ lemon
1 Tbsp. chopped oregano leaves
4 thick slices whole-grain country bread

In a saucepan, combine one Tbsp. olive oil, diced garlic, and rosemary. Cook over low heat until the garlic is soft. Stir in the beans and stock; cook for about 10 minutes. If needed, add more vegetable stock to moisten. Make a rough purée with a potato masher or food processor. Add ground black pepper to taste. Toss the mushrooms with the remaining olive oil, lemon juice, oregano, and some black pepper. Broil bread on both sides and rub with garlic halves. Top with the bean puree, then the mushroom mix. Serve with salad greens.

Serves 4. Per serving: 225 calories, 7 g fat, 1 g saturated fat, 32 g carbohydrate, 360 mg sodium.

Source: Reprinted with permission from *Healthy Eating for Diabetes*, by Antony Worrall Thompson, Kyle Books

COST-SAVING IDEAS

Meatless meals that pack a high-protein punch

There are lots of nutritious reasons to love beans, lentils, peas, and soybeans.

In addition to being a low-fat, low-cost source of protein, they're high in cholesterol-lowering fiber and the complex carbohydrates that keep you feeling full without loading up on calories. They're also rich in calcium, folate, and iron.

Here are a few easy ways to include more in your diet:

- Substitute cooked or canned beans for meat in casseroles, stews, soups, and chili.
- Mix with salads.
- Grill or stir-fry cubed tofu with vegetables. Enjoy as a side dish or add to pasta if you want a heavier meal.

- Use "veggie burgers" or other soy-protein products like bacon or sausages in dishes that typically use meat. Pizza, Sloppy Joes, and hot sandwiches are some suggestions. Check labels for nutrition content, because some of these products can be high in fat and sodium.

- Try split pea or lentil soup as an entrée and serve with salad and whole-grain bread.

- To make a quick and easy pot of vegetarian chili that serves two: Mix 1 15-oz. can drained beans with 1 cup tomato puree. Add 1 Tbsp. minced onion and $\frac{1}{2}$ tsp. chili powder; simmer for 15 minutes. Top with shredded cheese.

Some cooking tips:

- Save soaking time by buying canned (low-sodium) beans.
- Tofu and soy crumbles are mild-tasting and absorb the seasoning and flavor of whatever you cook them with.

Source: American Dietetic Association



INJURY PREVENTION

The 5 golden rules of fitness

1 Use the right gear for the right sport. That includes helmets for bicycling, skating, and sports like skiing and football. Make sure your shoes have enough support. Protective elbow and knee pads and safety glasses are also important.

2 Don't overdo it. The most common sports injuries, like stress fractures and tendonitis, are due to overuse. Always warm up with some light exercise, and alternate hard and easy days.

3 Vary your routine. Rotate treadmill or other cardio machine workouts with swimming, biking, or weight training.

4 Listen to instructions. Learn how to use equipment correctly and safely, especially when you take up a new activity like golf or tennis.

5 Avoid overexposure. Always wear sunscreen with an SPF of at least 15 when exercising outdoors. In hot temperatures, dress in light-colored, lightweight clothes. Wear layers along with a hat and gloves when you're outside in cold weather.

Sources: American College of Sports Medicine; American Council on Exercise



IT ALL ADDS UP

Everyday ways to move more

- **Clean your house** like company's coming.
- **Use a hand basket** instead of a grocery cart at the supermarket, and carry your own bags to the car.
- **Instead of paying someone else**, do your own painting, household repairs, and yard work.
- **Help a friend move**, rearrange your furniture, carry your toddler while you shop.
- **Wash the car** instead of watching television when you get home from work.
- **Walk around the airport terminal** when you're waiting for a flight. Stay in hotels with fitness facilities or that are within walking distance of business meetings.
- **Keep hand weights** and other exercise equipment with your television remote so you'll remember to use them when you watch TV.
- **Volunteer to clean up** a local park or roadway.
- **Play catch, Frisbee, or hopscotch** with your kids or grandkids. If you don't have a child to play with, play tug of war with your dog.
- **Find reasons to walk** whenever you can, even if it's just to take the stairs instead of the elevator or deliver a message in person rather than sending an e-mail.

TAKE THE PLUNGE

For a great low-impact workout

Swimming and water aerobics provide cardiovascular and strength-training benefits with very low risk for injury.

That's why they're a great alternative for pregnant women and the elderly, as well as people who are overweight, have arthritis or back

problems, or are recovering from injury.

The buoyancy of water reduces the "weight" of a person by about 90%, and that translates into a similar reduction of weight-bearing stress on muscles and joints.

Source: American Council on Exercise

health news

Doc Talk

Seeing is believing

I confess I don't always follow my own advice to patients.

Recently when my wife noticed that I was squinting and suggested I visit an eye doctor, I knew she was right. My vision was blurry at times, and my last complete eye exam was years ago. A visit to an eye doctor confirmed I needed bifocals.

I should have gone sooner. Loss of vision increases the risk of falls, and falls are the leading cause of injuries in older adults (age 65 or older).

Now that I know I have an issue, I'll get my eyes checked at least every year. What should you and your loved ones do?

- **If you have no eye problems,** get a baseline eye exam at age 40, as recommended by the American Academy of Ophthalmology.
- **If you have a family history of eye disease,** are in poor health, or have diabetes or high blood pressure, see your eye doctor for regular checkups (ask your eye doctor how often is best for you).
- **If you have symptoms of eye problems** — loss of vision, eye pain, sensitivity to light, eye drainage, bloody or gray-white patches on the eye — get your eyes checked.

The good news about eye exams is that most problems can be corrected. After getting fitted with my first pair of glasses, I can confirm “seeing is believing.”

William J. Mayer, MD, MPH
Medical Editor

keep the conversation moving

If meeting new people pumps up your stress level, learn to listen carefully and ask questions (like who, where, what, when, and how) to make conversation easier.

This will take the pressure off yourself to come up with clever responses and make the other person feel like you're genuinely interested in what they're saying.

Source: Good-bye to Shy, by Leil Lowndes, McGraw-Hill Publishers

how loud is “too loud”?

Any sound over 85 decibels can potentially damage your eardrums.

That includes the average traffic jam, an MRI, blow dryers, power mowers, and even screaming children.

Devices that stream loud sounds directly into the ears, like hands-free phones and music players, can also cause ear ringing (tinnitus), a condition that is becoming more common among young people than it ever was before.

To check your risk for developing hearing loss, visit the “Dangerous Decibels” link on the American Tinnitus Association Website at www.dangerousdecibels.org/.

Source: American Tinnitus Association

green cleaning

Microfiber cleaning cloths and mops can reduce and in many cases eliminate the need to use harsh chemicals or other toxic cleaning products. The cloths also reduce trash, since they can be washed and reused.

Source: Harvard University Office for Sustainability

colorectal cancer

Get moving to reduce your risk of colorectal cancer, which may be the most preventable type of cancer.

Researchers at the American Institute for Cancer Research recommend at least 30 and preferably 60 minutes of brisk daily activity. Diets that include lots of vegetables, whole grains, beans, garlic, and low-fat milk to provide adequate calcium may also offer protection.

Carrying excess weight around your waistline, drinking excessive alcohol, and diets high in red and processed meat may increase cancer risk.

Source: American Institute for Cancer Research

a helping heart

People with heart disease and their families can find support — and get a chance to help others — through Mended Hearts, a national nonprofit organization that partners with hospitals and clinics across the nation.

With the help of doctors and nurses, members share their experiences and can also volunteer to talk to other heart disease patients about the challenges of recovery, including lifestyle changes, depression, and different treatments.

Mended Hearts is affiliated with the American Heart Association. To learn more, visit www.mendedhearts.org.

Medical Editor: William Mayer, MD, MPH

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For more information, visit HopeHealth.com

you can use

follow-up care

Make sure you talk to your doctor about any care you may need after a hospital visit, including how to take new and old medications and when to make follow-up appointments.

People who receive clear instructions at the time of discharge can cut down on health-care costs, because they are less likely to visit the emergency room or be readmitted to the hospital for aftercare.

Source: Agency for Healthcare Research and Quality

lightning strikes

If you're caught in a lightning storm, crouch down to the ground, cover your ears, and keep a minimum of 15 feet between yourself and another person. If one of you is hit, the lightning won't travel between you.

Seek cover when you first hear thunder or see lightning in the distance. Go to your vehicle and keep the windows rolled up. Avoid high ground, water, and all metal objects as much as possible. Unsafe places include canopies, rain shelters, or near trees.

Source: National Lightning Safety Institute

losing weight

Losing weight may help reduce urinary incontinence, a problem that affects millions of U.S. women.

Incontinence episodes dropped by almost half among overweight or obese women who lost 8% of their body weight, or an average of about 17 pounds.

"Weight is one of the biggest risk factors for developing incontinence and worsening incontinence, and the reduced pressure from weight loss causes reduced pressure on the bladder," explains researcher Dr. Leslee Subak.

Source: New England Journal of Medicine, Vol. 360, pg. 481

FISCAL FITNESS

Are you spending too much on prescription medications?

People often equate price with quality, believing that a higher price gets you a superior product. In the case of prescription drugs, however, that belief could be leading you to spend more money than necessary.

As a health-care consumer, here are important things for you to know about generic drugs:

- **A generic drug is chemically identical** to its brand-name counterpart, but typically costs much less.
- **Consumers save \$8 to \$10 billion dollars a year** when they purchase generic drugs. In 2007, the average brand-name prescription cost \$119.00, while the average generic cost just over \$34.00.
- **Many health insurance plans** pay a greater percentage of the cost of a generic drug than a non-generic drug.

- **About 75% of all brand-name drugs** have a generic equivalent. As top-selling brand-name drugs lose their patent, more and more generics will become available.

- **You can find out if a medication has a generic** and how much you could save if you switched to a generic version by going to the Food and Drug Administration's "Electronic Orange Book" at www.fda.gov/cder/ob or www.drx.com, or ask your pharmacist.

- **Most doctors are receptive** to patients who ask for generics. If a generic is not available, there may be an alternative medication in the same class of drugs that is available in generic form.

Sources: The National Association of Chain Drug Stores; U.S. Food and Drug Administration

trans fat reminder

To avoid trans fats in restaurants, skip deep-fried foods and ask your server if desserts are made using trans fats.

Always check nutrition labels on packaged foods for the trans fat content. If trans fats can't be avoided completely, choose products that list partially hydrogenated oils near the end of the ingredient list. Stick margarines are high in trans fats, but liquid vegetable oils or tub margarines contain little or no trans fat.

Trans fats can raise LDL "bad" cholesterol and should be avoided as much as possible.

Sources: American Dietetic Association; U.S. Food and Drug Administration; Harvard School of Public Health

The information in this publication is meant to complement the advice of your health-care providers, *not* to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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Institute Founder: Lester R. Sauvage, MD

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For subscription information, or reprint permission,
contact: Hope Health, 350 East Michigan Avenue,
Suite 301, Kalamazoo, MI 49007-3851 U.S.A.

Phone: (269) 343-0770 • E-mail: info@HopeHealth.com
Website: HopeHealth.com

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health yourself

JUST FOR FUN

8 surefire ideas to make life easier

1 Accept that some days you're the pigeon and some days you're the statue.

2 Always keep your words soft and sweet in case you have to eat them.

3 Drive carefully. It's not only cars that can be recalled by their maker.

4 Remember that it's the second mouse that gets the cheese.

5 Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

6 Accept that you may be only one person in the world — but you may also be the world to one person.

7 Realize that a truly happy person is one who can enjoy the scenery on a detour.

8 Sleep late. It's the early worm that gets eaten by the bird.

“Laugh and the world laughs with you, snore and you sleep alone.”

— Anthony Burgess

CAREGIVING

Ways to approach a difficult topic

TO MAKE THINGS EASIER

Avoid preconceived ideas about how your loved one will react.

Listen. Don't tell.

Let them know they are not alone.

Ask questions that allow your loved one to make choices.

Allow your loved one to get angry or upset.

Leave the conversation open.

Make sure all family members are heard.

End on a positive note.

Do something relaxing or fun when it's over.

SAY SOMETHING LIKE...

“Let's start with what is important to you.”

“Have you thought about what you want to do if you need more help?”

“I know this isn't fun to talk about; I'm going to have to do it someday, too.”

“Do you think you want a hand with some of the household chores?”

“This upsets me, too. But we need to discuss it.”

“We can talk about this later, but I want you to start thinking about it.”

“Mike, you've been awfully quiet. What do you think about these plans?”

“I really appreciate your willingness to talk about these difficult things.”

Enjoy a meal, watch a favorite TV show, or do something fun that reminds everyone why you enjoy being a family.

Source: *Prepare to Care: A Planning Guide for Families*, AARP Foundation

FACE YOUR FEARS

Imagine the worst thing that could happen — and how to cope with it

Surprisingly, one way to put the brakes on anxiety may be to actually imagine your worst-case scenario. By vividly describing what you fear most, you can make plans to survive it as well as realize that some of your fears are irrational. If you can't come up with a coping strategy on your own, talk with someone who can help you.

“My clients tell me that they use this technique when they are anxious, and it always calms them down,” says Daneen Skube, PhD, an executive coach, trainer, and therapist.

Skube offers this additional advice for clients during tough times: “Don't give up: The only way to ensure failure is to stop trying.”

take care

KEEP YOUR COOL

In a heat wave

- **Remember that children up to age 4**, seniors, people taking certain medications, and those with chronic health conditions are most at risk during high temperatures, especially when there is an air pollution alert in effect. To check for air quality warnings in your area, visit the NOAA Website at www.nws.noaa.gov/aq/.

- **In temperatures above 90°**, portable fans cannot help cool you down. A cool shower is a better way to keep body temperatures at safe levels.

- **If you do not have air conditioning**, go to a public place that does, such as a shopping mall, movie theater, or library. Check community centers and social service agencies for public facilities with cooling centers.

- **Drink water all day long.** Don't wait until you feel thirsty.

- **Avoid alcohol and beverages with caffeine.**

- **Schedule outdoor activities** for early morning or late evening.

- **Eat small, frequent meals**, and avoid heavy, spicy foods.

Source: U.S. Centers for Disease Control and Prevention

Did you know?

Extreme heat and drought kill more Americans than any other type of natural disaster, including winter storms, flooding, tornados, and lightning.



JULY HEALTH OBSERVANCES

UV Safety

Even very young children should wear sunglasses that block 99% to 100% of UV-A and UV-B rays. Ideally sunglasses should wrap around your temples so they can protect your eyes from the side. Wearing a wide-brimmed hat will give you extra protection. Exposure to sunlight can increase the risk of vision loss due to cataracts and age-related macular degeneration.

July 20–24

National Youth Sports Week

Learn how to support and improve your favorite local park through the National Recreation and Park Association Website at www.nrpa.org.

Parks improve the quality of life for everyone. They offer playgrounds, sports fields, tennis courts, and sometimes even swimming pools and golf courses that give us a chance to stay active, as well as get back in touch with nature.



Raising cavity-free kids

- **Put only water in kids' sippy cups** except for rare occasions. Dentists often describe juice and soda as "liquid candy."

- **Avoid putting your child to bed** with a bottle or sippy cup with milk or juice in it. This may be the biggest contributor to early cavities.

- **Reward children with hugs, stickers, and toys** instead of sweets.

- **If you do give your children an occasional sweet**, choose one that melts rapidly instead of gummy candy. Sugary foods leave

a coating on the teeth that contributes to cavity-causing bacteria and enamel-eating acid.

- **To build healthy teeth and bones**, serve plenty of foods high in calcium, like milk, yogurt, cheese, and vitamin-rich vegetables.

- **Get your child in the habit** of good dental care early. Wipe your child's mouth and teeth with a clean washcloth or gauze pad after each feeding until he or she is old enough to brush.

Sources: American Academy of Pediatrics; Healthy Children, Winter 2008; American Dental Association

wellness

CLEAN AIR

What you can do to breathe easier

- **Fill your gas tank** in the evening to keep vapors out of the air during the heat of the day. The sun heats up gas fumes and other air pollutants that create ground-level ozone.
- **Reduce your car trips** during peak traffic hours. Walk, bike, share a ride, or take the bus to work at least one day a week.
- **Park your car and go inside** instead of waiting in drive-through lines. Avoid idling or revving your engine.
- **Wait until evening** to use gas-powered lawn mowers or other tools.
- **Start charcoal barbecues** with an electric probe instead of starter fluid.

Sources: Spokane Regional Clean Air Agency; The Weather Channel, www.weather.com

WEIGHT CONTROL

Confront your cravings

The “forehead tapping” technique has been proven to help stop cravings, says Dr. Susan B. Roberts, an obesity researcher at Tufts University. Try it the next time you’re triggered by your favorite high-calorie comfort food.

Place the five fingers of one hand on your forehead, spaced apart. Keep your eyes open and watch carefully as you tap each finger separately at one-second intervals. Keep tapping until your mind shifts away from cravings and the sensation disappears.

Other tips that may help:

- **Tell yourself “Not today”** or “Hold on.”
- **Distract yourself** by calling a supportive friend.
- **Chew a piece of sugarless gum.**
- **Take a short walk.**
- **Brush your teeth.**
- **Meditate or write in a journal.**
- **To stop cravings before they start**, deliberately look away when you see trigger foods, and if you start to smell them, breathe through your mouth.

Source: *The Instinct Diet: Use Your Five Food Instincts to Lose Weight and Keep It Off*, by Susan B. Roberts, PhD, and Betty Kelly Sargent, Workman Publishing

